A. D. 1599. Made and written by Thomas Buckminster.

Ianuarie hath xxxi. dayes.

Sunne riseth at viii. a clocke and iiii. minutes. And setteth at iii. and vi. minutes.

i	a	Circumcision.	Can. 21
ii	b	Octa. Stephen	Leo. 3
iii	c	Octa. John.	Leo. 15
iiii	d	Oct. Innocent	Leo. 27
v	e	Edw. deposed	Virg. 8
vi	f		Vir. 20
vii	g	Felix & Jann.	Libra. 2
viii	a	Lucian priest.	Libr. 14
ix	b	Agapet virg.	Libr. 27

☾ Last quarter, the ix. day, at iii. of the clocke at after noone, reasonable weather.

x	c	Timothe.	Sco. 10
xi	d	Linusmart.	Sco. 23
xii	e	Archadiemart.	Sag. 7
xiii	f	Hillarie bish.	Sag. 21
xiiii	g	Felix priest.	Cap. 5
xv	a	Maurice.	Cap. 19
xvi	b	Marcellus.	Aqu. 4

● New Moone, the xvi. day, at iiii. of the clocke after noone, temperate wether.

xvii	c	Anth. deposed	Aqua. 18
xviii	d	Prisca virgin	Pisces 3
xix	e	Wolstane bish.	Pisc. 18
xx	f	Fabian & Seb.	Aries. 3
xxi	g	Agnes virgin.	Arie. 18
xxii	a	Vincent mart.	Taur. 2
xxiii	b		Tau. 15

First quarter, the xxiv. day, at viii. of the clocke before noone, lowring cold weather.

xxiiii	c	Timothe.	Tau. 29
xxv	d	Con. of	Gem. 11
xxvi	e	Policarp. bish.	Gem. 24
xxvii	f	Julian confes.	Canc. 6
xxviii	g	Valerius bish.	Canc. 18
xxix	a	Theod. priest.	Leo. 0
xxx	b	Batildis queene	Leo. 12
xxxi	c	Saturn. & Vict.	Leo. 24

Full Moone the xxxi. day at vi. of the clock in the morning.

Februarie hath xxviii. dayes.

Sunne riseth at vii. 2. clocke, and xiii. minutes Setteth at iiii. and xlvi. minutes

i	b	Bilget.	Virg. 6
ii	c		Virg. 18
iii	d	Blase mart.	Virg. 29
iiii	e		Libr. 11
v	a	Agathe virgi.	Libr. 23
vi	b	Dorothe virg.	Scorp. 5
vii	c	Angule bishop	Scor. 18
viii	d	Paul bish.	Sagit. 1

☾ Last quarter, the viii. day, at viii. of the clocke before noone temperate weather.

ix	e		Sag. 15
x	f	Scholastica.	Sag. 29
xi	g		Cap. 13
xii	a		Cap. 28
xiii	b	Wolstane.	Aqu. 12
xiiii	c	Valentine.	Aqu. 27
xv	d	Faust. & Jonit.	Pisc. 12

● New Moone, the xv. day, at ii. of the clocke in the morning inclined to foule weather.

xvi	e	Julian virg.	Pisc. 27
xvii	f	Policron.	Aries. 11
xviii	g		Arie. 26
xix	a	Sabine priest.	Tau. 10
xx	b	Wulgred. vir.	Tau. 24
xxi	c	First day of Lent	Gem. 7

First quarter the xii. day, at x. of the clocke at night, boysterous weather, with cold rayne or snow.

xxii	d	Decem chaire.	Gem. 20
xxiii	e	Policarp.	Canc. 3
xxiv	f		Can. 16
xxv	g		Can. 28
xxvi	a	Nestor mart.	Leo. 9
xxvii	b	Augustine bi.	Leo. 21
xxviii	c		Virg. 3

March hath xxxi. dayes.

Sunne ryseth at vi. a clocke and xviii. minutes. Setteth at v. and xlii. minutes.

i	d	David bish.	Virg. 15

Full Moone the first daye, somewhat after midnight, cold and windy.

ii	e	Chadde.	Vir. 27
iii	f	Maurice.	Libr. 8
iiii	g	Adrian mart.	Libr. 20
v	a	Focas & Eule.	Scorp. 2
vi	b	Vict. & Victor.	Scor. 16
vii	c	Perp. & Felix	Scor. 27
viii	d	Appoline mar.	Sag. 10
ix	e	Ed. Martired.	Sag. 24

☾ Last quarter, the ix. day, at ix. of the clocke at night reasonable weather.

x	f	Quirion.	Capr. 7
xi	g		Capr. 21
xii	a	Gregorye bysh.	Aqua. 6o
xiii	b	Theodor mart.	Aqua. 21
xiiii	c	Candide mart.	Pisc. 6
xv	d	Longine mart.	Pisc. 21
xvi	e	Boniface bish.	Aries. 5

● New moone, the xvi. day, at high noone, variable weather with winde inclined to some thunder.

xvii	f	Gertrude virg	Arie. 20
xviii	g	Edward king.	Tau. 4
xix	a	Jose. Ma. bil.	Tau. 18
xx	b	Cuthbert.	Gemi. 2
xxi	c	Benedict.	Gem. 15
xxii	d	Afrodosie.	Gem. 28
xxiii	e	Theodozebish.	Can. 11

First quarter, the xxiii. day, at i. of the clocke, at after noone, showers of cold rayne or els hayle.

xxiiii	f	Botulph.	Can 24
xxv	g		Leo. 7
xxvi	a	Tatia mart.	Leo. 18
xxvii	b	Dozothe virg.	Virg. 0
xxviii	c	Quintine.	Virg. 12
xxix	d	Quirine.	Vir. 24
xxx	e	Sabine virg.	Libra. 6
xxxi	f	Adelme.	Libra. 18

Full moon eclipsed, the last day, a. v. of the clock at night variable wether.

Aprill hath xxx. dayes.

Sunne riseth at v. a clocke, and xvii. minutes. Setteth at vi. and xiii. minutes.

i	g	Gildarde.	Scor. 0
ii	a	Mary Egypt.	Scor. 12
iii	b	Richard bish.	Sco. 24
iiii	c	Ambrose bish.	Sag. 7
v	d	Vincentius.	Sag. 20
vi	e	Sertus.	Cap. 4
vii	f	Tuphonie.	Cap. 17
viii	g	Easter day.	Aqu. 1

☾ Last quarter, the viii. day at vi. of the clocke in the morning, disposed to winde and rayne.

ix	a	Decretum.	Aqu. 15
x	b	Ambrose bish.	Pisc. 0
xi	c	Passi. vii. virg.	Pisc. 15
xii	d	Tiburce & Val.	Aries. 0
xiii	e	Zenon bishop.	Arie. 15
xiiii	f	Olyte.	Arie. 29

● Newe Moone, the xiiii. day, at viii. of the clocke at night fresh ayre.

xv	g	Oswald archb.	Tau. 13
xvi	a	Isidor bish.	Tau. 27
xvii	b	Antcete bish.	Gem. 10
xviii	c	Eleutherius.	Gem. 23
xix	d	Alphege. mar.	Canc. 6
xx	e	Victor bish.	Can. 19
xxi	f	Simeon	Leo. 1
xxii	g	Sother bish.	Leo. 14

First quarter, the xxii. day, at v. of the clocke before noone foule weather is like to follow.

xxiii	a	Georges mart.	Leo. 27
xxiiii	b	Adilbride.	Virg 9
xxv	c		Virg. 21
xxvi	d	Olete bishop.	Libra. 2
xxvii	e	Anastase bish.	Libr. 14
xxviii	f	Vitalis mart.	Libr. 26
xxix	g	Peter of Mil.	Scor. 9
xxx	a	Dep. of Erken	Scor. 21

Full Moone, the xxx. day, at vi. of the clocke in the morning, disposed to rayne with thunder.

May hath xxxi. dayes.

Sunne riseth at iiii. a clocke and xxiij. minutes. Setteth a vii. and xxxvii. minutes.

i	b	Philip & Jacob.	Sagi. 4
ii	c	Athanasius.	Sag. 17
iii	d	Inuc. S. cruci.	Capr. 0
iiii	e	Christopher.	Cap. 14
v	f	Godward.	Cap 28
vi	g	Job. post lat.	Aqu. 12
vii	a	John of Beu.	Aqu. 26

☾ Last quarter, the vii. day, at vi. of the clocke before high noone variable weather.

viii	b	Apa. S. Mich.	Pis. 10
ix	c	Transl. Mich.	Pisc. 25
x	d	Gordian.	Aries. 9
xi	e		Arie. 24
xii	f	Anthonie.	Taur. 8
xiii	g		Tau. 22
xiiii	a	Boniface bish.	Gem. 5

● New Moone, the xiii. day, at v. of the clocke and xxv. minutes warme and variable.

xv	b	Isidor.	Gem. 19
xvi	c	Brandon bish.	Canc. 2
xvii	d		Cac. 14
xviii	e	Dioscor. mart.	Can. 27
xix	f	Dunstan conf.	Leo. 9
xx	g	Barnardine.	Leo. 21
xxi	a		Virg. 4

First quarter, the xxi. day, at xi. of the clocke in the night disposed to wind with raine.

xxii	b	Julian virg.	Vir. 16
xxiii	c	Tran. of Fran	Virg. 29
xxiiii	d	Adelme bish.	Libra. 11
xxv	e	Augustin bish.	Libra. 23
xxvi	f	Bede priest.	Scor. 5
xxvii	g		Sco. 17
xxviii	a	Corconmart.	Sagi. 0
xxix	b	Felix bishop.	Sag. 13

Full Moone, the xxx. day, at vi. of the clocke, fayre weather.

xxx	c		Sag. 26
xxxi	d	Nereus.	Cap. 10

June hath xxx. dayes.

Sunne riseth at iij. a clocke and xlvij. minutes, Setteth at viij. and xiij. minutes.

i	e	Nicomedis	Cap 26
ii	f	Marcel mar.	Aqua. 8
iii	g		Aqu. 28
iiii	a	Petrolius.	Pisc. 7
v	b	Boniface bish.	Pisc. 21

☾ Last quarter, the fifth daye, at viii. of the clocke, at after noone some small rayne.

vi	c	Melone.	Aries. 5
vii	d	Wolstane.	Arie. 19
viii	e		Tau. 4
ix	f	Transl. Edmu.	Tau. 18
x	g	Juan confes.	Gem. 1
xi	a	Barnabe apo.	Gem. 15
xii	b		Gem. 28

● Newe Moone, the xii. day, at viii. of the clocke at night faire and warme.

xiii	c	Anthony conf.	Can 10
xiiii	d	Vite & Modest	Can. 23
xv	e	Transl. of Vic.	Leo. 5
xvi	f	Basill bishop.	Leo. 17
xvii	g	Botulph. bish.	Leo. 29
xviii	a	Cyprerius.	Virg. 11
xix	b	Gerunsit.	Vir. 23
xx	c	Tran. Edwar	Libra. 6

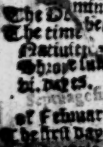
First quarter, the xx. day, halfe an houre after three of the clocke at after noone, some foule weather threatned.

xxi	d	Walburge.	Libr. 18
xxii	e	Alban mart.	Scor. 1
xxiii	f	Audry.	Sco. 13
xxiiii	g		Sco. 26
xxv	e	Transl. of Ele.	Sagit. 9
xxvi	b	John & Paul.	Sag. 22
xxvii	c		Cap. 6
xxviii	d	Saturne.	Cap. 19

Full Moone, the xxviii. day, a. iii. of the clocke in the morning very reasonable weather.

xxix	e		Aqua. 3
xxx	f	Com. of Paul	Aqua. 18

Iulie hath xxxi. dayes.



Sunne riseth iiij. minutes after three a clocke. Setteth viii. minutes after viij.

i	a	Oct. Johan bi.	Pisc. 3
ii	b	Visit. of Mary	Pisc. 18
iii	c	Tran. of Tho.	Aries. 2
iiii	d	Tra. of Mar.	Arie. 17

☾ Last quarter, the iiii. day at vii. of the clocke in the evening foule weather.

v	e	Joe virgin.	Tau. 0
vi	f	Oct. Pet. & Pa.	Tau. 14
vii	g	Martialis.	Tau. 28
viii	a	Depos. Grim.	Gemi. 11
ix	b	Cyrill bishop.	Gem. 24
x	c	7 sleet. mart.	Canc. 7
xi	d	Tran. Bened.	Can. 19
xii	e	Nabor & Felix.	Leo. 3

● New Moone, the xii. day, at v. of the clocke in the morning, some what windie and variable.

xiii	f		Leo. 14
xiiii	g	Renel.	Leo. 26
xv	a	Tran. of Swi.	Virg. 8
xvi	b	Tran. of Dun.	Virg. 19
xvii	c	Kenelme king.	Libra. 1
xviii	d	Arnulph. bish.	Libra 13
xix	e		Libr. 25
xx	f	Margaret. vir.	Scorp. 8

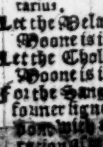
First quarter, the xxi. day, at viii. of the clocke before noone disposed to showers and winde.

xxi	g	Diaredis vir.	Sco. 21
xxii	a	Mary Mag.	Sag 4
xxiii	b	Apolonar. bish	Sagi. 17
xxiiii	c	Christine.	Cap. 0
xxv	d		Cap. 14
xxvi	e	An. mo. of Ma.	Cap. 28
xxvii	f	Visit. Keepers.	Aqua. 13

Full moone, the xxviii. day, at high noone fayre and warme.

xxviii	g	Samsons bish.	Aqu. 27
xxix	a	Felix & his fel	Pisc. 12
xxx	b	Abdon & Sen.	Pisc. 27
xxxi	c	Germane.	Arie. 12

Auguſt hath xxxi. dayes.



Sunne riseth at iiij. a clocke, and xxxvj. minutes. Setteth at vij. and xxiij. minutes.

i	c	Lammas day.	Arie. 27
ii	d	Steuen Mar.	Tau. 11
iii	e	Inuen of Sce.	Tau. 25

☾ Last quarter, the iii. day, at ii. of the clocke in the morning, very kindly weather.

iiii	f	Guiline priest.	Gem. 8
v	g	Festum Nunis.	Gem. 21
vi	a	Trā. of Christ.	Canc. 4
vii	b	Feast of Felix	Can. 16
viii	c	Ciriac & his fel	Can. 29
ix	d	Romant mart.	Leo. 11
x	e	Laurenc. mar.	Leo. 23

● Newe Moone the x. day, at viii. of the clocke in the evening variable weather and hotte.

xi	f	Tiburtii mar.	Virgo. 5
xii	g	Clare virg.	Vir. 17
xiii	a	Ypolite.	Libr. 28
xiiii	b		Lib. 10
xv	c	Assum. of Ma.	Libr. 22
xvi	d	Roch martyr.	Scorp. 4
xvii	e	Dec. of Laur.	Scor. 16
xviii	f	Agapite mart.	Sco. 29

First quarter, the xviii. day, at x. of the clocke, at night fayre and calme.

xix	g	Magnus mar.	Sag. 12
xx	a	Lewes bishop	Sag. 25
xxi	b	Barnard Con	Cap. 8
xxii	c	Privatus.	Cap. 22
xxiii	d	Timoth.	Aqua. 7
xxiiii	e		Aqu. 21
xxv	f	Lewes king.	Pisc. 6

Full Moone, the xxv. day, at viii. of the clocke at night, warme pleasaunt weather.

xxvi	g	Seuerine.	Pisc. 21
xxvii	a	Ruphi mart.	Aries. 5
xxviii	b		Arie. 20
xxix	c	John Behead.	Tau. 5
xxx	d	Felice & Audac.	Tau. 20
xxxi	e	Cuthburge vir	Gem. 4

September hath xxx. dayes.

Sunne riseth at v. a clocke, and xxxvi. minutes. Setteth at vi. and xxiii. minutes

i	f	Giles abbot.	Gemi. 17

☾ Last quarter, the first day, at high noone, fayre and warme.

ii	g	Anthony mar.	Canc. 1
iii	a	Dydina. Greg.	Cac. 14
iiii	b	Cuth. translā.	Can. 26
v	c	Bertine. abbo.	Leo. 8
vi	d	Eugenius.	Leo. 20
vii	e		Virg. 2
viii	f	Nat. of Mary.	Vir. 14
ix	g	Gorgoni. mar.	Vir. 25

● Newe Moone, the ix. day, at vi. of the clocke before high noone, variable clouder.

x	a	Silinius. bish.	Libra. 7
xi	b	Prothy & Jacl.	Libr. 18
xii	c	Martiniani.	Scorp. 1
xiii	d		Sco. 13
xiiii	e	Holy Crosse.	Sco. 25
xv	f	Dec. 12a. Ma.	Sagit. 7
xvi	g	Edith virg.	Sag. 20
xvii	a	Lambart. bish.	Sagi. 3

First quarter, the xvii. day at vi. of the clocke and vi. minutes before high noone hotte like to thunder.

xviii	b	Victo. & Corō.	Cap. 17
xix	c		Aqua. 1
xx	d	Eustace.	Aqu. 15
xxi	e		Pisc. 0
xxii	f	Mauritius.	Pisc. 15
xxiii	g	Tecla virgin.	Aries. 0
xxiiii	a	Andochius.	Arie. 14

Full Moone, the xxiiii. day, at iiii. of the clock in the morning, temperate weather.

xxv	b	Firmini. bish.	Arie. 26
xxvi	c	Cipri. & Justi.	Tau. 14
xxvii	d	Cosme & Da.	Tau. 28
xxviii	e	Eruperius. bi.	Gem. 12
xxix	f		Gem. 26
xxx	g	Hieromi. priest.	Canc. 9

October hath xxxi. dayes.

Sunne riseth at vi. a clocke, and xxxiii. minutes. Setteth at v. and xxvi. minutes.

i	a	Remigius. bish.	Tau. 22

☾ Last quarter, the first day, at ii. of the clocke in the morning reasonable weather.

ii	b	Leodegar. bish.	Leo. 5
iii	c	Candide mar.	Leo. 17
iiii	d	Francis conf.	Leo. 29
v	e	Apolinart. bish	Vir. 11
vi	f	Faith virgin.	Virg. 23
vii	g	Marcel. & Mar.	Libra. 3
viii	a	Pelagius mar.	Libr. 16
ix	b		Libr. 28

● Newe Moone, the ix. day, at v. of the clocke in the morning, variably disposed.

x	c	Gereon & Vict.	Scor. 10
xi	d	Nicasii.	Scor. 22
xii	e	Wilfride.	Sagi. 4
xiii	f		Sag. 17
xiiii	g	Calixt. bish.	Cap. 0
xv	a	Wolfran bish.	Cap. 13
xvi	b	Mich. of mont.	Cap. 26

First quarter, the xvi. day, at vi. of the clock at night, some discepered wether.

xvii	c	Tran. of Edw.	Aqu. 10
xviii	d		Aqu. 24
xix	e	Frideswine.	Pisc. 9
xx	f	Austrebert.	Pisc. 24
xxi	g	F. F. M. virg.	Aries. 0
xxii	a	Mary Salom.	Arie. 23
xxiii	b	Romane arch.	Tau. 8

Ful Moone, the xxiii. day, at ii. of ꝑ clock at after noon, reasonable wether.

xxiiii	c	Wagloxy. bish.	Tau. 22
xxv	d	Crii. & Crispi.	Gem. 6
xxvi	e	Ursula virg.	Gem. 20
xxvii	f	Florence.	Canc. 4
xxviii	g		Can. 17
xxix	a	Marcellus. bish.	Leo. 0
xxx	b	Warnard bish.	Leo. 12

☾ Last quarter, the xxx. day, at vii. of the clocke, at night some rayne falleth

xxxi	c	Quintin.	Leo. 25

November hath xxx. dayes.

Sunne riseth at vii. a clocke, and xxvi. minutes. Setteth at iii.

i	d		Virg. 8
ii	e	Com. Animar.	Virg. 20
iii	f	Generrud. vir.	Libra. 2
iiii	g	Amantius. bi.	Libr. 13
v	a	Lete priest.	Libr. 25
vi	b	Leonarde. ab.	Scor. 7
vii	c	Willfride.	Scor. 1

● Newe Moone, the vii. day, at x. of the clocke and xxvii. minutes at night, temperate for this season.

viii	d	iiii. Crowned.	Sagit. 2
ix	e	Theodor. mar.	Sag. 14
x	f	Tryphon.	Sag. 27
xi	g	Martin bish.	Cap. 10
xii	a		Cap. 23
xiii	b	Paterne.	Aqua. 7
xiiii	c	Tran. of Erk.	Aqu. 20
xv	d	Felix bish.	Pisc. 4

First quarter, the xv. day, at viii. of the clocke and xxvii. minuts in the morning wanering weather.

xvi	e	Edmond arch.	Pisc. 18
xvii	f		Aries 5
xviii	g	Dec. Martini.	Arie. 18
xix	a	Elizabeth ma.	Taur. 3
xx	b	Edmund king.	Tau. 17
xxi	c	Pete. of Mar.	Gemi. 1
xxii	d	Cicily virgin.	Gem. 15

Full Moone, the xxii. day, at ii. of the clocke and xxv. minuts in the morning, some what cold for a time.

xxiii	e	Clement. bish.	Gem. 29
xxiiii	f	Grisoge. marr.	Can. 12
xxv	g	Katherine vir.	Can. 25
xxvi	a	Linet bishop.	Leo. 7
xxvii	b	Agricola.	Leo. 20
xxviii	c		Virg. 2
xxix	d	Leonti.	Virg. 15

☾ Last quarter, the xxix. day, at iiii. of the clocke at after noone lowly weather.

xxx	e	Andrew apost.	Vir. 27

December hath xxxi. dayes.

Sunne riseth at viij. a cl... and xi. minutes. Setteth at ... and xviii. minutes

i	f	Loy bish.	Libr. 10
ii	g		Libr. 22
iii	a	Liban mart.	Scor. 4
iiii	b	Depo. o. Dom.	Scor. 16
v	c	Barbara virg.	Scor. 28
vi	d	Sabba abbot.	Sag. 10
vii	e	Oct. of And.	Sagi. 23

● New Moone, the vii. day, at iii. a the clock and x. minuts at after noone very variable wet weather.

viii	f	Concep. Mary	Capr. 6
ix	g	Cyprian abbot	Cap. 19
x	a	Eulalii virg.	Aqua. 3
xi	b	Damale virg.	Aqu. 17
xii	c		Pisc. 1
xiii	d	Lucie virgin.	Pisc. 16
xiiii	e	Otholie virg.	Pisc. 29

First quarter, the xiiii. day, at iiii. of the clocke and xxiiii. minuts. at after noone, cold and wauering weather.

xv	f	Valerius bish.	Arie. 13
xvi	g	O Sapientia.	Arie. 28
xvii	a	Lazarus bish.	Tau. 13
xviii	b	Venecia virg.	Tau. 27
xix	c		Gem. 11
xx	d	Julian.	Gem. 24
xxi	e	Thomas apo.	Canc. 7

Full Moone the xxi. day, at vi. of the clocke and xxii. min. at after noone cold and variable.

xxii	f	The Martyrs.	Can. 20
xxiii	g	Victor virg.	Leo. 3
xxiiii	a	Candid.	Leo. 16
xxv	b	Christmas day.	Leo. 28
xxvi	c	Stephen mart.	Virg 10
xxvii	d	John evang.	Virg. 22
xxviii	e	Innocents.	Libra. 4
xxix	f		Libra. 17

☾ Last quarter, the xxix. day, at one of the clocke at after noone, reasonable for this time.

xxx	g	Tran. James	Libr. 29
xxxi	a	Silvester bish.	Scorp. 12

¶ *Thirtie dayes hath September: Aprill, Iune and Nouember. February hath xxviii. alone: And all the rest thirtie and one.*

For this yeare of our Lord 1599. according to the computation of the Church of England.

The Golden number is.
The Epacts is.
The Dominical letter is
The time between the first of Ianuarie and the Natiuitie is 364. Quarters of an houre
The Whole Sunday is vii. weekes, and vi. dayes.

Sunday is the iiii. day of February.
The first day of Lent is the xxi. day of Februarie.
Easter day is the viii. day of Aprill.
Rogation Sunday is the xxii. of May.
Is the Ascension day is the xxvii. day of May.
Whitsunday is the iii. day of June
Aduent Sunday, is the ii. of December.

Short notes for letting of blood, purging bathing, & sweating.

GEnerally Blood may be let when the Moone is in Aries, Libra, Sagittarius or Pisces.

Particularly, let flegmatike blonde when the Moone is in Aries or Sagittarius,
Let the Melancholy blood, when the Moone is in Libra or Aquarius.
Let the Cholericke blood, when the Moone is in Cancer or Scorpio.
For the Sanguine complexion, all the fourner signes are indifferent, betwene both with a difference and discretion as well of the state of the yeare, as of the time of the moone.

If necessitie so require, blood letting may be vsed at all times, otherwise the conuenientest times of the yeere are the spring, as in some part of February, and so to the middest of May. And likewise in September vntill the end of October.

It is not good to let blood often in one yere: wher there is but little good blood, abstaine from blood letting.
Beware of blood letting after a long sickneſſe.
Blood letting without neede, doth more harme then good.
In exceeame colde, or hote weather, blood letting is not to be vſed.

For Purging.

THe Signes generally good for purging, are these: Cancer, Scorpio, and Pisces.

Particularly, with Pot-drinks, in Scorpio. Purge with pilles, when the is in Pise. Take Preparatiues when the moone is in Gemini, Libra, and Aquarius. Take Gargarismes, in Aries or Cancer. Take vomites, when the Moone is in Aries, Taurus, or Capricornus.

For Bathing.

IT is best Bathing generally, when the Moone is in Aries, Leo, & Sagit. & two or three dales after ꝑ change, and at the full of the Moone: for the the superfluities are ripe and readie to anoyde, and flow out, &c.

For Sweating.

THe best & meetest signes to sweate in, are when the Moone hath her course in Aries, Leo, and Sagittarius. and that two or three dayes after the

The Anotomie.

or wrecke. Cancer both posses the brest the ribbes and stomake stout, And Leo backe and hart he hath, therefore ye need not doubt. Virgo belly and bowels, take thou with all their paines, For Libra loe the buttockes hath, the navell and the reignes. Scorpio the pryle partes to haue loe all the cries, For sure he is that Sagittarie possesseth both the thighs. Then Capricorne must rule the knees, For legges to Aquarie long. And Pisces pyrchast hath the feete, therefore doe him no wrong.

God saue our Queene Elizabeth.

Imprinted at London by Thomas Dawson, with the